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ABSTRACT

Teaching children to meditate can improve their decision making and put them in touch with their deeper core values. Instructions for teaching children meditative techniques are presented in this book. It is suggested that the leader of the group read through the entire book before leading the children through the meditations and exercises. The first part of the text provides the theoretical base from which the practical sessions presented in the second part were developed. The ideal of meditation, the growing role of meditation in education, and the discipline that meditation requires are highlighted here. Each meditation and activity is structured so as to be adaptable to differing classroom situations and differing needs of families and teachers. Parents and teachers should find the exercises described here to be enjoyable and useful. Ten class sessions are presented, with step-by-step instructions and worksheets to help the leader assess class progress. The meditations are followed by energy activities in which breathing techniques, concentration exercises, and other activities are presented. Special meditations for older children and applications of these methods appear at the end, along with charts, stories, and yoga positions. (RJM)

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